

According to the new mechanistic philosophy of sex here presented, psychoanalysis, like traditional psychiatry, must be discarded as based on a false dualistic conception of body and mind as two separate entities capable of interacting on each other; and as against psychoanalysis, which seeks to trace physical effects to psychic causes, our new point of view considers the psychic phenomena of sex as derived from basic biochemical and physiological processes and as being secondary rather than primary nor can it admit the existence of purely psychic factors such as "libido," "complexes," suppressed memories, etc., as having any real existence or capable of acting as causes of organic processes.

Freudianism is in a large sense a rationalization of modern sexual behavior, which seeks to provide scientific justification for sexual actions that are really unnatural and are products of aphrodisiacal food stimulation. Chief among the errors of this new pseudo-scientific phallic cult is the superstition that Freud picked up from the gutter and dressed in scientific garb that sexual abstinence is harmful and a cause of nervous and mental disorders as the result of "sexual repression" that it involves and that sexual intercourse is a normal expression of the libido which is necessary for health, which belief has led many misinformed physicians to advise young men to visit prostitutes and risk venereal disease as a lesser evil than the summed evil effects of sexual continence. In later pages we shall see that this belief is without scientific foundation and is contradicted by the scientific evidence presented in this book. Freud makes this myth, in the form of his doctrine of repression, the cornerstone of his pseudo-scientific edifice. He himself was a sick, neurasthenic man. His picture shows him smoking a cigar, a powerful aphrodisiac. His entire philosophy of sex, to a large extent, has been colored by the chemotropic influence of his tobacco addiction, without him being aware of it, plus his diet, which failed to keep him in health.

As a matter of fact, the present post-Freudian neurotic age suffers not from sexual abstinence and repression but from the reverse, from sexual overexpression and overindulgence. Nowhere in Freud's works do we find a warning against sexual excess as a cause of nervous diseases and insanity, which it is admitted to be by eminent authorities. Instead of attributing neurasthenia to its true cause, i.e., lecithin deficiency and resulting nerve cell undernutrition, resulting from loss of lecithin through the semen, Freud wrongly traces it to sexual repression or underindulgence in sexual activity and his cure in uninhibited sexual intercourse. In forwarding this view and popularizing it, Freud has elevated the most groundless of popular superstitions and unscientific misconceptions into a scientific theory which, in the light of modern knowledge of sexual biochemistry and endocrinology, must be thrown into the scrap heap of discarded pseudo-scientific theories and regarded as a rationalization to appease the conscience of modern neurotic sexual overindulgers and to create a large financial income by sale of his books which appealed greatly to public demand.

In place of Freud's attempt to trace the physical phenomena of sex to a psychic causation, i.e., to his assumed libido in normal or abnormal expression, our new mechanistic view of biochemical sex determination holds that all sexual phenomena, both physical and psychical, can be explained in terms of Loeb's chemotropisms, or reflex reactions to chemical stimuli, as hormones, toxins, and metabolic products which act on erogenous nerve and brain centers and evoke responses in the form of sexual behavior. Among such stimuli, the one most potent in determining the psychophysical sexual behavior of civilized man is food.